

# Complementary Treatment and Markers in Inflammatory Bowel Diseases

Akademisk avhandling

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av

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This thesis is based on the following studies, referred to in the text by their Roman numerals.

- I. Pagoldh M, Lange S, Jennische E, Almer S, Boström E A, Eriksson A. Faecal analysis and plasma C3c levels at admission for an acute attack of ulcerative colitis are predictive of the need for colectomy. *Accepted for publication in Eur J Gastroenterol Hepatol*
- II. Pagoldh M, Hultgren E, Arnell P, Eriksson A. Hyperbaric oxygen therapy does not improve the effects of standardised treatment in a severe attack of ulcerative colitis: A prospective randomised study. *Scand J Gastroenterol 2013;48:1033-1040*
- III. Pagoldh M, Eriksson A, Heimtun E, Kvifors E, Sternby B, Blomquist L, Lapidus A, Suhr O, Lange S, Karlsbom U, Nordström D, Rettrup B. Effects of a supplementary diet with specially processed cereals in patients with short bowel syndrome. *Eur J Gastroenterol Hepatol 2008;20:1085-1093*

# Complementary Treatment and Markers in Inflammatory Bowel Diseases

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## ABSTRACT

**Aims:** The aims of this thesis were to evaluate potential prognostic markers and addition of complementary treatments in inflammatory bowel diseases.

**Background:** Inflammatory bowel diseases, the two main types of which are ulcerative colitis and Crohn's disease, affect nearly 1% of the Scandinavian population and implies a risk of a chronic progressive, disabling disease. When considering treatment options, issues are: predicting short and long-term prognosis, selecting optimal treatment options and providing appropriate care for complications of the conditions or treatments.

**Methods:** Selected variables were investigated to determine their ability to predict colectomy in an early phase of a severe attack of ulcerative colitis in patients admitted to hospital. Hyperbaric oxygen treatment was tested as a complementary treatment in acute severe ulcerative colitis. Addition of supplementary treatment with cereals was evaluated in patients with sequelae after intestinal resections.

**Results and Conclusions:** Analyses of stool frequency, faecal weight and complement factor 3c in plasma may contribute to an early prediction of the disease course in a severe attack of ulcerative colitis. Hyperbaric oxygen treatment as a complementary treatment in a severe attack of ulcerative colitis does not improve clinical outcome. Specially processed cereals, as well as non-processed cereals, can be safely used in patients with previous intestinal resections. Intake of non-processed cereals may decrease faecal volume in these patients.

**Key words:** *inflammatory bowel diseases, ulcerative colitis, Crohn disease, predictor, complementary therapies, hyperbaric oxygen therapy*

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